

Banana Waldorf

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 3 banana (peeled and sliced)
- 1 apple (cored and sliced, with peel)
- 4 cups yogurt (nonfat vanilla)
- 1 pinch cinnamon
- 1/8 cup walnuts (ground)

Directions

1. Mix all ingredients together in large mixing bowl.
2. Place in individual serving dishes and chill until ready to serve, up to 1 hour.
3. This dessert looks great when topped with a sprinkle of ground cinnamon.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	9 g	
Carbohydrates	48 g	16%
Dietary Fiber	3 g	12%
Saturated Fat	NA	
Sodium	NA	